

Emotional Wellbeing Loss & Grief

The Definition

Simply defined, grief is the normal and natural reaction to significant emotional loss of any kind. While we never compare losses, any list would include death and divorce as obvious painful losses. Our list also includes many others; retirement, moving, pet loss, financial and health issues, etc.

The range of emotions associated with grief is as varied as there are people and personalities. There is no list of feelings that would adequately describe one person's emotions, much less an entire society.

Grief is individual and unique. As every relationship is unique, so are the feelings and thoughts each person will have about the relationship that has been altered by death, divorce, or for other reasons.

The Problem

While grief is normal and natural, most of the information passed on within our society about dealing with grief is not normal, natural, or helpful. Grief is the **emotional** response to loss, but most of the information we have learned about dealing with loss is **intellectual**.

The majority of incorrect ideas about dealing with loss can be summed up in six myths which are so common that nearly everyone recognizes them. Most people have never questioned whether or not they are valid.

Six Myths about Grief

- Time Heals All Wounds
- Grieve Alone
- Be Strong
- Don't Feel Bad
- Replace the Loss
- Keep Busy

Just looking at the myth that "time heals" creates the idea that a person just has to wait and they will feel better. We have known people who had waited 10, 20, 30, and 40 years, and still didn't feel better. And, we know that they would tell you that not only had time not healed them, but that it had also compounded the pain. The other five myths carry equally unhelpful messages.

The Solution

Recovery from loss is accomplished by discovering and completing all of the undelivered communications that accrue in relationships. We are all advised to "Let Go," and "Move On" after losses of all kinds. Most of us would do that if we knew how.

Completion of pain caused by loss is what allows us to let go and move on. It is almost impossible to move on without first taking a series of actions that lead to completion.

Before taking the actions to complete, it is important to look at and often dismiss some of the ideas or myths that we have tried to use with loss, but which are not working.

Commitment and Attendance

The Grief Recovery Method® course is not an occasional, drop-in group, nor does it involve counselling. The course will be held at the same time each week over a period of 7 weeks. Each session is accompanied by notes and some "homework" These fairly simple requests along with the personally guided course unfolds a powerful learning & insight on an emotional level. For the safety and success of all participants, commitment and attendance are essential.

The fee for the small group program, consisting of 7 sessions of approximately 2 hours is **\$400.00**. Private 1-1 course is 7 sessions, fee is **\$700**. All courses include the handbook & weekly notes.

Course Times

Please contact the facilitator for coming course times & locations. Evening & day programs are available. 1-1 course times are arranged to suit individuals.

The Facilitator

All courses are facilitated by **Nivedita Saraswati**, a trained Social Worker with experience in mental health. Additionally she has practical training with yogic traditions of deep relaxation, meditation & movement to support physical & mental health & wellbeing.

She has further training and certification from The Grief Recovery Institute® and has found this system to be a powerful & effective way to support recovery from grief & loss. For more details see: <https://www.griefrecoverymethod.com/>

43 Losses

There are 43 losses that can produce the range of emotions we call grief.

The long list includes

- Death
- Divorce or the End of a Relationship
- Loss of Health
- Major Financial Changes
- Moving and many others

Grief is normal and natural but many of the ideas we have been taught about dealing with grief are not helpful.

Moving Beyond Loss

If you have experienced one or more losses and you wish to move beyond the pain, this program offers you the probability of a richer and more rewarding life.

Bookings

For more details & bookings please contact:
Nivedita Saraswati Mob: 0490 111 097
Email niveditasaraswati@gmail.com

Payment

Please finalise fees before the first session for ensure the best personal success & effectiveness of the course.

Direct Debit: BSB: 633 108 Bendigo Bank
Account No: 1145 39059
Account name: S. N. Saraswati.

Emotional Wellbeing

Emotional well-being is a term that has been used increasingly in recent decades. The implications of decreased emotional well-being are related to mental health concerns such as stress, depression, and anxiety. These in turn can contribute to physical ill-health such as digestive disorders, sleep disturbances, and general lack of energy.

On the positive side, enhanced emotional well-being is seen to contribute to upward spirals in increasing coping ability, self-esteem, performance and productivity at work, emotional availability and even longevity.

Step by Step Actions

The sessions provide the context for learning step by step actions that help people move beyond the pain caused by loss. The eight-week program creates a safe environment in which to look at old beliefs about dealing with loss; to look at what losses have affected your life; and to take new actions which lead to completion of the pain attached to one of those losses.

An excellent text is provided to all participants, along with weekly handouts. The text, *The Grief Recovery Handbook – The Action Program for Moving Beyond Death, Divorce, and Other Losses, including Health, Career, & Faith* is written by John W. James and Russell Friedman.

Courses

1. Loss & Grief Recovery
2. Helping Children to Grieve, for Parents & Caregivers
3. Grief Recovery for Pet Loss
4. Private course

Emotional Wellbeing, Loss & Grief

The Personal Action Program For Moving Beyond Loss